



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON VICENZA
UNIT 31401, BOX 80
APO AE 09630

SEP 17 2005

IMEU-VIC-SO

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: U.S. Army Garrison Vicenza Policy Memorandum 06-32, Running, Bicycling, In-Line Skating, Skateboarding, and Heelys Safety

1. References:

- a. Army in Europe Pamphlet 385-15-5, Leaders Guide to Accident Prevention in Physical Training Running Formations, 10 November 2004.
- b. Department of Defense Instruction (DODI) 6055.4, Department of Defense Traffic Safety Program, 20 July 1999.

2. The purpose of this memorandum is to provide requirements for running, operating bicycles, in-line skating, skateboarding and the use of Heelys on and off post. This policy applies to all assigned and tenant U.S. military personnel, DOD civilians, family members, and contractors within the USAG Vicenza area of operations.

3. Running.

- a. Individuals who run off post will comply with the following:
 - (1) Use sidewalks or road shoulders. When sidewalks or road shoulders are not available, runners will run facing traffic.
 - (2) Cross roads only at pedestrian crosswalks. When crosswalks are not available, runners will cross the road at a right angle when traffic is clear in both directions.
 - (3) Wear reflective belts or garments at all times when conducting physical training (PT). Since the new PT uniform does not provide appropriate reflective illumination at sufficient distances to ensure safety and prevent accidents, reflective belts will be worn over the new Improved Physical Fitness Uniform.
 - (4) Do not exit Gate #1. Running on Via Aldo Moro is prohibited by Italian Law (this includes the traffic circle at the North end of Via Aldo Moro).
 - (5) Use the buddy concept (maximum of 10 soldiers) when running off post.

b. Formation runs will adhere to the following requirements:

(1) Formation runs will be conducted on post (unless prior coordination is made with the Provost Marshall, Carabinieri and local municipal officials for one time events).

(2) Formations will be limited to three columns plus one additional column for a cadence caller or member of the chain of command.

(3) Formations will only occupy one half of the roadway and will not impede the flow of oncoming traffic.

(4) Lead and trail road guards will maintain 10 to 20 meter intervals from the main body.

(5) Unit military personnel will wear reflective belts at all times when running. Cadence callers, chain of command personnel, and road guard elements will wear reflective belts and carry flashlights with illumination cones during periods of limited visibility.

(6) Commanders will take appropriate actions to ensure control and safety of stragglers.

(7) Running in formations is prohibited on post Mondays thru Fridays during peak traffic periods (0730 - 0830, 1130 - 1300, or 1645 - 1730).

c. Army in Europe Pamphlet 385-15-5, provides additional guidelines for planning physical training running formation events.

4. Bicycles.

a. In accordance with Department of Defense Instruction (DODI) 6055.4, active duty military, DoD civilians, U.S. contract employees, and family members must wear an approved bicycle helmet when riding on U.S. military installations.

b. An approved bicycle helmet is one that has been designed for bicycling and is approved by the American National Standards Institute, the Snell Memorial Foundation Standards for Bicycle Helmets or the Host-Nation authorities. The military Kevlar helmet is not approved for use as a bicycle helmet.

c. Bicycle riders must wear helmets that fit properly and must have the chinstraps fastened. Instructions are provided with helmets on how to determine a correct fit. Children/infants riding on the same bicycle with an adult must also wear a helmet and use chinstraps.

d. High visibility/reflective clothing (PT Belt, Vest) will be worn at night, during periods of limited visibility. The same type of clothing is recommended during daylight to assist in recognitions from other vehicle traffic.

e. The riding of bicycles on any sidewalk is prohibited. This provision does not apply to small children learning to ride bicycles with the use of training wheels.

f. Bicycles must be equipped with working lights, reflective markings and a bell.

g. Loose fitting clothes that may be caught in moving bicycle parts should not be worn. Slip-on shoes such as slippers or shower shoes will not be worn when riding bicycles.

5. In-Line Skating (Rollerblading) and Skateboarding On and Off Post

a. The Vicenza Community Skate Park is located in Villaggio Housing Area. The Skate Park is the ONLY approved site for skateboarding, in-line skating, or trick bikes within the USAG Vicenza Community. Community streets and parking lots are not authorized for skateboarding, trick bikes, or in-line skating. The Community Skate Park is adjacent to the Villaggio above-ground swimming pool and is isolated from street traffic and contains approximately 5000 square feet of space to conduct various in-line skating, skateboard and trick bike activities.

b. Soldiers, DoD civilians, retirees and their family members are eligible to use the skate park. The skate park is not available for rental or private usage.

c. Skate Park Rules and Safety Requirements must be followed at all times and are posted on a large sign on the Skate Park entrance.

d. The use of protective gear is mandatory. Head injuries are the number one cause of disabling injuries for skaters. Helmets with chin straps fastened, knee pads, wrist guards and elbow guards will be worn by all individuals using the skate park. Protective headgear must be approved by the Snell Memorial Foundation, American National Standard Institute or the Host Nation authorities.

e. In-line skating (Rollerblading) or skateboarding is not authorized on Italian roads. Italian Law (Article 190/8-9-10) prohibits roller-skating or skateboarding on Italian roads. When conducting these activities at approved locations off post, all traffic signals, signs, and devices must be obeyed. Approved helmets and reflective garments must be worn during periods of reduced visibility.

6. Use of Heelys. The use of Heelys in any public or official building within the USAG Vicenza area of responsibility or the Community Skate Park in Villaggio is prohibited. Heelys are roller shoes with a single removable wheel on the heel of each shoe, allowing individual to remove the wheel and walk normally where skating is not authorized. Individuals will remove the wheels from their Heelys prior to entering any establishment.

7. Use of Headphones and Earphones. In accordance with DODI 6055.4, wearing portable headphones, earphones, or other listening devices while operating a motor vehicle and while jogging, running, bicycling, skating or skate boarding on roads and streets on DOD installations is prohibited. These devices impair driving and mask or prevent recognition of emergency signals, alarms, announcements, approaching vehicles, and human speech.

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8. POC is Mr. James A. Adams, USAG Vicenza, Safety Manager, DSN 634-8109/7045.

A handwritten signature in black ink, appearing to read 'V. Williams', is positioned above the printed name.

VIRGIL S.L. WILLIAMS
COL, QM
Commanding

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